

### Upcoming Activities:

#### The Masquerade Bowl:

All Sites, Oct 29th

#### Hickory Art Museum:

W. Hickory, Oct. 12th;

E. Hickory, Oct. 19th;

Newton, Oct. 22;

Catawba, Oct. 15;

Maiden, Oct. 26th

#### Jewelry Making Class:

W. Hickory, Oct. 1st;

Maiden, Oct. 12th

#### Blood Pressure Checks:

W. Hickory, Oct. 27th;

E. Hickory, Oct. 6th;

Newton, Oct. 19th;

Catawba, Oct. 8th;

Maiden, Oct. 20th

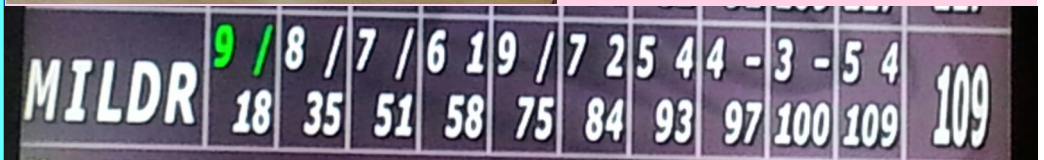
## Join us!



**“You are never too old to set another goal or to dream a new dream.”**

**- C. S. Lewis**

Pictured to the left is Mildred Deese. Ms. Deese is 94 years old and this is the first time in her life that she has ever bowled or been in a bowling alley!



County Attorney, Debra Bechtel, and Assistant County Attorney, Jodi Stewart, visited with the Newton and Maiden Seniors Morning Out participants.

#### The Masquerade Bowl!

Held at Pin Station in Newton on October 29th! Come and enjoy music by the Clontz Family, door prizes, and a costume contest! See you there!











Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, and there are no income limits. Donations are accepted. The only requirement is that you be 60 or better and live in Catawba County. Come prepared to have fun, meet new friends, and learn something new!

For more information, call 828-695-5610, go to our website, [catawbacountync.gov/dss/nurition.asp](http://catawbacountync.gov/dss/nurition.asp), or like us on Facebook!

**LIVE UNITED**



Catawba County United Way  
Community Partner

<p>SMO MENU</p> 	 <h1>October</h1>			
			<p>1 HAMBURGER CHEESE COLESLAW W/ CARROTS PORK &amp; BEANS BUN MUSTARD/KETCHUP PEACHES W/ YOGURT MILK</p>	<p>2</p> 
<p>5 TUNA SALAD CUCUMBER SALAD PASTA SALAD WHEAT BREAD PEACHES MILK</p>	<p>6 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK</p>	<p>7 CUBED PORK WHITE GRAVY MIXED VEGETABLES SWEET POTATOES ROLL PISTACHIO CREAM SALAD W/ FRUIT MILK</p>	<p>8 BEEF A RONI TOSSED SALAD W/ CARROTS &amp; CABBAGE LIMA BEANS ITALIAN BREAD RANCH DRESSING MANDARIN ORANGES IN JELLO MILK</p>	<p>9</p> 
<p>12 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL FRUIT COCKTAIL W/ YOGURT MILK</p>	<p>13 HOT DOG W/ ONIONS COLESLAW W/ CARROTS PORK &amp; BEANS BUN MUSTARD/KETCHUP CHERRY CRISP MILK</p>	<p>14 EGG SALAD SCANDANAVIAN SALAD TOMATO SLICES POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK</p>	<p>15 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK</p>	<p>16</p> 
<p>19 HAMBURGER STEAK BROWN GRAVY CALIFORNIA BLEND MACARONI &amp; CHEESE ROLL FRUIT SALAD MILK</p>	<p>20 LEMON BAKED CHICKEN BREAST GREEN PEAS ROSEMARY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>21 STEW BEEF BROWN GRAVY SQUASH CASSEROLE RICE ROLL AMBROSIA SALAD MILK</p>	<p>22 POLISH TURKEY SAUSAGE GREEN BEANS ORANGE JUICE CHEESE GRITS BISCUIT JELLY SLICED PEACHES MILK</p>	<p>23</p> 
<p>26 CHICKEN CASSEROLE MIXED GREENS TROPICAL FRUIT SALAD SWEET POTATO ROLL SUGAR COOKIES MILK</p>	<p>27 CUBED STEAK BROWN GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK</p>	<p>28 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE PEACHES W/ YOGURT MILK</p>	<p>29 SLICED HAM CHEESE CUCUMBER SALAD PASTA SALAD WHEAT BREAD MAYONNAISE PISTACHIO CREAM SALAD W/ FRUIT MILK</p>	<p>30</p> 

# West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

October 2015

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



## Happy Birthday!

Mary (Sue) Buchanan (10/6)  
Donald Peters (10/6)  
Dixie Peters (10/9)  
Aileen Lewis (10/10)  
Donnie Brow (10/11)  
Bill Caudle (10/15)

Cecil Campbell (10/16)  
Johnnie Mae Corpening (10/21)  
Shelby Spiva (10/24)  
Judy Mayhew (10/26)  
Carolyn Lyda (10/27)  
Randy VanderWeit (10/29)



1  
9:30 Jewelry Making w/  
Ellen Ball



5  
9:15 Morning Stretch  
9:30 Bow Wow BINGO  
10:00 Paint and Grow  
Craft w/ Lisa

6  
9:15 Welcome Catawba  
SMO!  
9:30 "Asian Day" Cooking  
w/ Thu!

7  
9:15 Sit and Be Fit!  
9:30 Candy Trivia  
10:00 Music by  
Sentimental Journey

8  
Wal-Mart!  
  
\*\*Commodities



12  
9:15 Hickory Museum of  
Art  
9:30 Art Project w/  
Theresa Gloster  
10:15 Museum Tour  
11:15 Lunch

13  
9:15 Morning Stretch  
9:30 Make a Mint  
10:00 Sing-a-long w/  
Mabel Gabor



14  
9:30 Hangman  
10:00 How Pollution  
Affects Your Health w/  
Tracey Paul, Public  
Health Educator

15  
9:15 Sit and Be Fit!  
9:30 Shine on Your  
Harvest Moon Game  
10:00 Gospel Music w/  
Charles Ballard



19  
9:15 Morning Stretch  
9:30 BINGO  
10:00 Color Me Pretty



20  
9:30 Bring in a clear glass  
jar or mason jar and a few  
colorful leaves to make a  
Fallen Leaf Lantern!



21  
9:15 Sit and Be Fit!  
9:30 Celebrate National  
Hagfish Day!  
10:00 Talk About  
Diabetes w/ Sandy Austin,  
Unifour Nursing

22  
Wear something colorful  
today for National Color  
Day!  
9:30 Hangman  
10:00 Birthday Party w/  
Entertainment by Song  
Writer and Vocalist,  
Ethel Cunningham



26  
9:15 Morning Stretch  
9:30 Halloween Around  
the World  
10:00 Bible Jingo w/  
Lena Abernethy,  
Ridgeview Library

27  
9:30 Halloween Quiz!  
10:00 BP Cuff  
Calibrations and BP  
Checks w/ Carolyn  
Thompson, RN—CVMC

28  
9:15 Sit and Be Fit!  
9:30 BINGO  
10:00 Snuffleupagus  
Relay



29  
8:30 The Masquerade  
Bowl at Pin Station in  
Newton!





# EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

October 2015

Huntington Hills Church of God

2123 5th Street NE

Hickory, NC 28601



Happy Birthday!

Pat Cline (10/2)  
Eddie Zderojewski  
(10/5)

Jerry Clontz (10/11)  
Bill Cline (10/22)

happy  
birthday

1  
9:00 Do You Wanna  
Dance?  
10:00 BINGO



2



5  
Walmart for the day



6  
9:30 Stretch Band To The  
Beat  
10:00 Blood Pressure  
Checks & Hypertension w/  
Jackie Saunders, Bayada

7  
Fire Drill  
9:30 Food Bourne Illness  
10:00 Nutrition In  
Pumpkins  
10:10 BINGO

8  
9:45 Wendy Poteet w/  
Blue Ridge Community  
Action Weatherization

\*\*Commodities

9

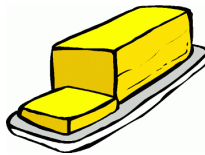


12  
9:30 Stretch Band To  
The Beat  
10:00 BINGO

13  
9:30 Sentimental Journey



14  
9:30 Cooking Class with  
Rita—Making Butter In  
A Jar



15  
10:00 Melanie Harmon  
with Piedmont Medical  
Supply

Breast Cancer  
Awareness

16



19  
9:15 Hickory Museum of  
Art to meet folk artist  
Theresa Gloster

20  
9:30 Stretches  
10:00 John 3:16 Sing-a-  
long



21  
Walmart for the day



22  
9:30 Birthday Party!



23



26  
9:30 Stretch Band To  
The Beat  
10:00 BINGO



27  
9:30 Making Candy Jars  
w/ Rita

28  
9:30 Dancercize  
10:00 BINGO



29  
The Masquerade Bowl at  
Pin Station in Newton!



30



# Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

October 2015

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



## Happy Birthday!

Julia Calloway (10/1)  
Hannah Scott (10/2)  
Revonda Deitz (10/11)  
Anita McMahan (10/16)  
Marcene McClellan (10/16)

Hattie Shakeshaft (10/25)

happy birthday

1  
9:30 Walk & Stretches  
10:00 Horseracing Game



5  
9:30 Walk & Stretches  
10:00 Craft—Scarecrow Wreath  
10:00 Game Day



6  
9:30 Walk & Stretches  
10:00 Craft—Scarecrow Wreath  
10:00 Hangman

7  
9:30 Walk & Stretches  
10:00 BINGO



8  
9:00-12:00 Shopping at Hickory WalMart



12  
9:00 Walk & Stretches  
9:30 Nutritious Snack—Apple, Peanut Butter, and Marshmallow Smiles  
10:00 Volleyball

13  
9:30 Walk & Stretches  
10:00 George Place from Catawba County Agricultural Center on Prolonging the Shelf Life of Produce

14  
9:30 Walk & Stretches  
10:00 BINGO



15  
9:00-11:00 Flu Clinic—Rite Aid, Caroline Helton  
10:00 Health Benefits of Coconut Oil by Site Supervisor, Robyn Curtis



19  
9:30 Walk & Stretches  
10:00 Blood Pressure with Peggy McLean, ResCare  
10:30 Cooking Class: Pumpkin Cream Cheese Dump Cake with Site Supervisor, Robyn

20  
9:30 Walk & Stretches  
10:00 Walk Down Memory Lane with Sentimental Journey



21  
9:30 Walk & Stretches  
10:00 BINGO



22  
9:30-12:00 Hickory Museum of Art Tour & Art Project with Folk Artist Theresa Gloster



26  
9:30 Walk & Stretches  
10:00 What is Oil Pulling & How Does It Work by Site Supervisor, Robyn Curtis

27  
9:00—12:00 Bowling at Pin Station and Shopping at Honeys



28  
9:30 Walk & Stretches  
10:00 BINGO

29  
8:30 –1:00 The Masquerade Bowl and Pin Station



# Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

October 2015 Center United Methodist Church  
4945 Sherrills Ford Road  
Catawba, NC 28609



## Happy Birthday!

Betty Cloninger (10/2)  
Darlene Taylor (10/3)  
Estelle Wilson (10/4)  
Stanley Smith (10/4)  
Ann Jones (10/6)

Corrinne Reinhardt (10/6)  
Charles Murray (10/7)  
Jerry Clontz (10/11)  
Margaret Melton (10/17)  
John Robbins (10/17)

Gary Mauney (10/19)  
Marlene Hanvey (10/23)  
Judy Mayhew (10/26)  
Jane Robbins (10/26)



1  
9:30 Poem of the Day  
9:45 Music by  
Sentimental Journey



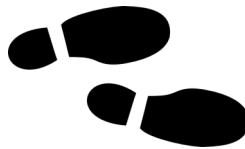
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5  
9:30 Emergency  
Preparedness by Jim  
Dickerson  
10:20 Anagram

6  
9:30 Cooking with Thu at  
West Hickory  
10:15 Team Games

7  
9:30 Morning Walk  
9:45 BINGO



8  
9:30 BP Checks by  
Bayada Home Health  
10:00 Chair Exercises w/  
Susie Chafin

9



12  
9:30 Morning Walk  
9:45 BINGO



13  
9:30 Bowling at Pin  
Station and Shopping at  
Honeys



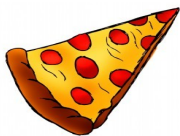
14  
9:30 Breast Cancer  
Awareness by Peggy  
Messick, CVMC

15  
9:30 Senior Art Project  
w/ Theresa Gloster a  
Hickory Museum of Art

16



19  
10:00 Dollar Tree  
11:00 Lunch at CiCi's  
Pizza for National Pizza  
Month!



20  
9:30 Morning Walk  
9:45 BINGO



21  
9:30 Liver Diseases  
Prevention/Treatment by  
Tracy Paul, Cat. Co.  
Health Department  
10:15 Basketball

22  
9:30 Apple Words Game  
10:00 Horse Racing  
Game



23



26  
9:30 Making Apple  
Crisps!  
10:00 Chair Exercises  
w/ Susie Chafin



27  
9:30 Fall Craft with Tonya  
Jarnac  
10:30 Joke of the Day

28  
9:30 Morning Walk  
9:45 BINGO

29  
9:00 Masquerade Bowl  
at Pin Station in Newton!



30



# Maiden SMO Activities

Site Supervisor: Loretta Hefner

828-320-5966

October 2015



Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



Happy Birthday!

Gladys McElveen (10/9)  
Bill Caudle (10/15)  
Almetta Wimberly (10/25)



1

9:30

Group Walking & BINGO



2



5

9:30

Nutrition VS Activity & BINGO



6

9:30

Group Walking & Bible Study w/ Pastor Eddie Roush

7

9:30

Susie w/ Carillon: Is Assisted Living for you & BINGO

8

9:30

Group Exercise & Benefits on Onions & Onion Soup Cooking Class w/ Annie Williams

9



12

9:30

Jewelry Making Class w/ Ellen Ball: United Arts Council & Group Exercise

13

9:30

Summer w/ Brookdale Living to do Craft Class

14

9:30

What is Lymphoma? & Kick Ball Game



15

9:30

Group Walking & Craft Class w/ Mae Nell & Cleo

16



19

9:30

Group Exercise & Recognition of National Dessert Month



20

9:30

Catawba County Home Health to do Blood Pressures & Exercise & Heart Disease

21

9:30

BINGO & Halloween Coloring Contest



22

9:30

Going to Mt. Airy, NC



23



26

9:30

Going to Hickory Museum of Art for Folk Arts Program w/ Theresa Gloster

27

9:30

Group Walking & Sentimental Journey Band to perform



28

9:30

Lady Killers w/ Peggy Messick: Catawba Valley Medical Center & Group Walking

29

9:30

Masquerade Bowl at Pin Station in Newton



30

